ABSTRACT OF THE DISCLOSURE

An improved guide for stabilizing the saw blade of a saw mill assembly is provided. The guide includes a guide block having a first surface for engaging a surface of a saw blade and a second opposing surface. A threaded shaft extends outwardly from the second surface of the guide block, and is generally rotatable in relation to the guide block. A securing nut threadably engages the shaft such that a surface of the securing nut engages the second surface of said guide block upon rotation into engagement therewith thereby rendering the threaded shaft nonrotable in relation to the guide block. An improved guide block or insert is also provided. The insert is bi-metallic such that the metallic material proximal to a first blade-engaging surface thereof is harder than the metallic material proximal to a second guide-engaging surface.